AMENDMENTS

In the Claims:

Please add new claims 77 and 78 as set forth below. All the pending claims are reproduced below.

Claims 1-59. (canceled)

60. (previously presented) A bicycle comprising:

a frame;

an adjusting device adjusting a height of a front wheel suspension;

wherein said adjusting device comprises a double-acting piston/cylinder assembly with a first cylinder chamber and a second cylinder chamber separated by a piston that is connected to a piston rod, said two cylinder chambers being connectable with one another via a fluid channel, and said piston rod mounted on a steering stem;

a shut-off device positioned in said fluid channel; and

wherein said shut-off device is actuatable via an actuator that is spaced apart from said shut-off device.

61. (previously presented) The bicycle of claim 60 wherein said actuator is arranged in a region of a handle bar.

Claims 62-68. (canceled)

69. (previously presented) The bicycle of claim 60 further comprising a resilient spring element for additional cushioning of impact forces.

70. (previously presented) The bicycle of claim 69 wherein said spring element comprises a mechanical compression spring.

71. (previously presented) The bicycle of claim 69 wherein said spring element comprises at least one of an element of elastomeric material, a steel spring, and a separate compressed-air cylinder.

72. (previously presented) The bicycle of claim 69 wherein said spring element is arranged in a cylinder chamber of said piston/cylinder assembly.

73. (previously presented) The bicycle of claim 69 wherein said spring element is arranged outside the allocated piston/cylinder assembly.

74. (previously presented) The bicycle of claim 60 further comprising a locking device for locking said adjusting device.

75. (previously presented) The bicycle of claim 60 wherein said adjusting device is connected with a spring/damping element, and said adjusting device and said spring/damping element are flexibly connected with one another.

76. (previously presented) The bicycle of claim 75 wherein said adjusting device and said spring/damping element are arranged relative to each other such that the longitudinal axes of said adjusting device and of said spring/damping element cross one another.

77. (new) A bicycle comprising:

a frame;

an adjusting device adjusting a height of a front wheel suspension, wherein said adjusting device comprises a double-acting piston/cylinder assembly with a first cylinder chamber and a second cylinder chamber separated by a piston that is connected to a piston rod, said two cylinder chambers being connectable with one another via a fluid channel, and said piston rod mounted on a telescopic front fork assembly;

a shut-off device positioned in said fluid channel, and

wherein said shut-off device is actuateable via an actuator that is spaced apart from said shut-off device.

78. (new) A bicycle having a suspension unit with an adjusting device adjusting the height of the front wheel, comprising a double acting piston cylinder assembly having a first and a second chamber filled with gas and separated by a piston, and being connectable via a fluid channel to adjust the height, where a shut-off device is located in the fluid channel that is actuateable via an actuator that is spaced apart from said shut-off device.

* * * * *